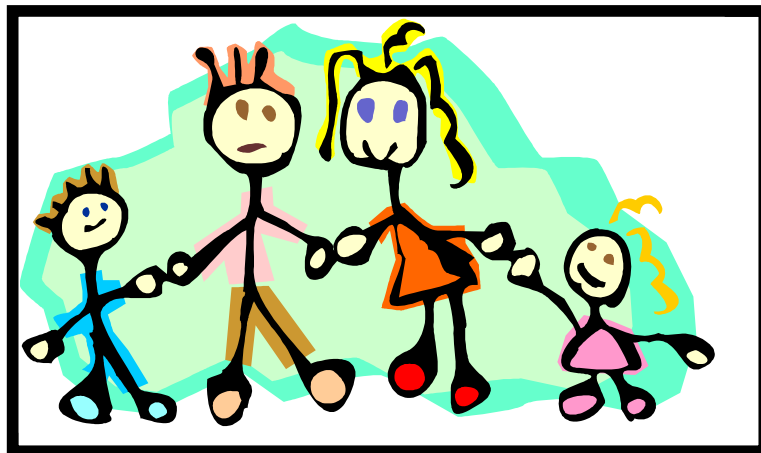


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The Food Guide Pyramid

The Food Guide Pyramid was developed by USDA and DHHS as a visual representation of the concepts of moderation and proportionality as well as variety.

Using the pyramid helps respond to meeting the *Dietary Guidelines for Americans*.

The meal pattern requirements for SFSP ensure that a variety of foods are received and are in keeping with the variety recommended in the *Food Guide Pyramid*.

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt,
& Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Meat, Poultry, Fish,
Dry Beans, Eggs
& Nuts Group
2-3 SERVINGS

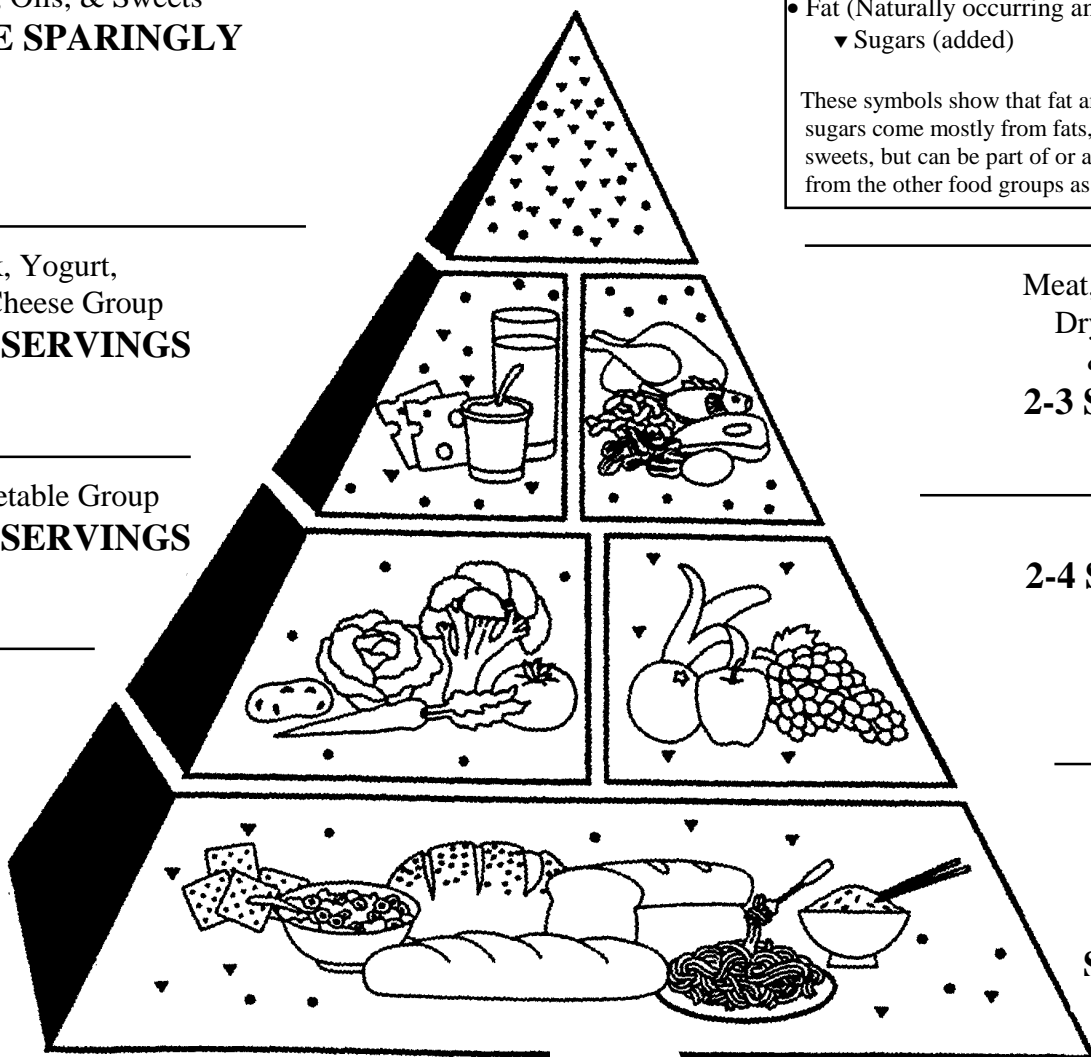
Fruit Group
2-4 SERVINGS

Bread, Cereal
Rice, & Pasta
Group
**6-11
SERVINGS**

KEY

- Fat (Naturally occurring and added)
- ▼ Sugars (added)

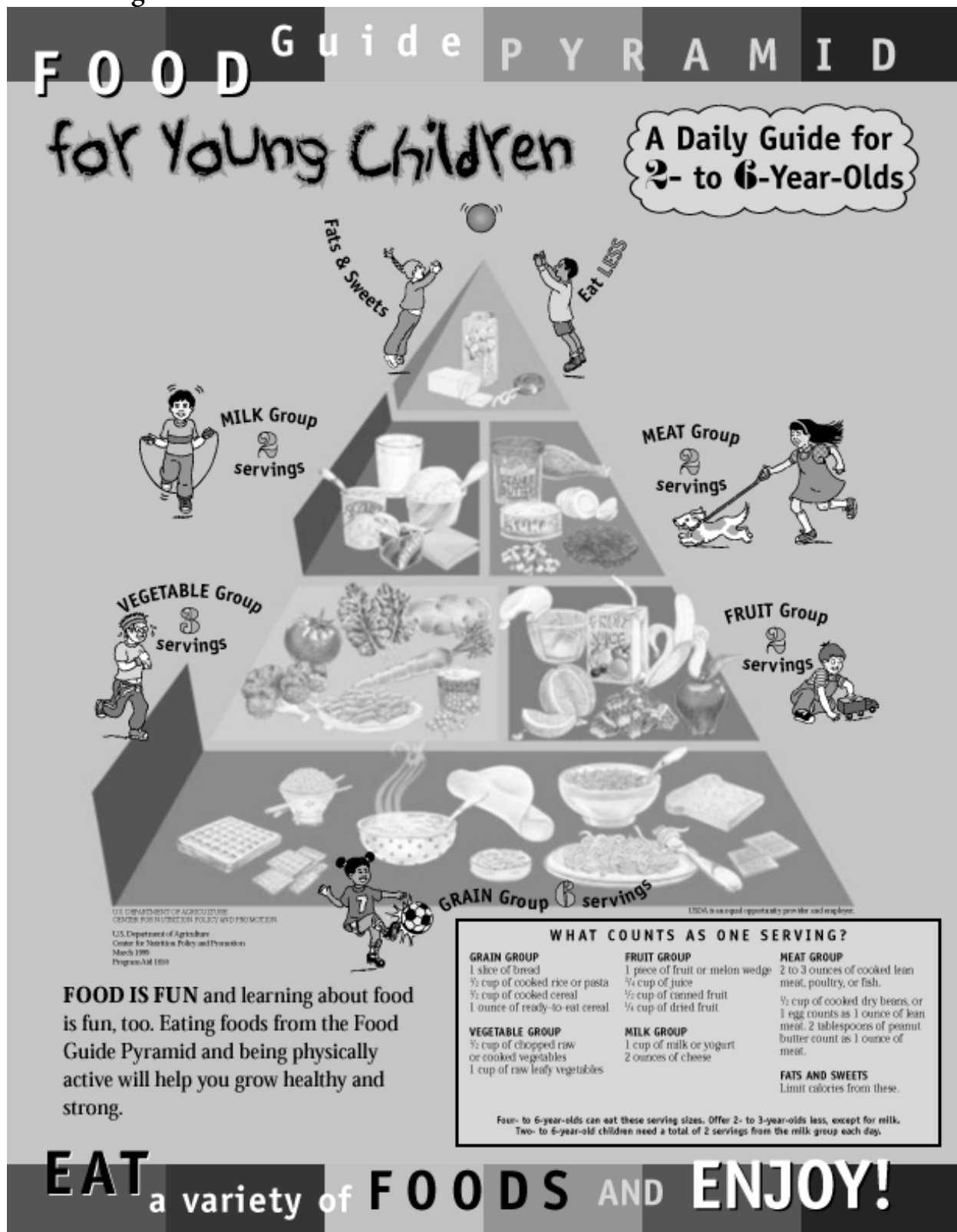
These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to food from the other food groups as well.



SOURCE: U.S. Department of Agriculture / U

Department of Health and Human Services

Food Guide Pyramid
For Young Children



SFSP Meal Pattern Points to Remember

Keep in mind the following points when you plan menus to meet meal pattern requirements and the Dietary Guidelines recommendations.

Meat and Meat Alternates

- For menu variety, serve:
 1. Meat and cheese in combination
(1 ounce of meat and 1 ounce of cheese – 2 ounces total).
 2. Dried beans or peas (Remember: do not count for vegetable **and** meat alternate in the same meal).
 3. Peanut butter or other nut butters, such as almond butter.
- Nuts and seeds may fulfill:
 - (1) full requirement for the snack, but
 - (2) no more than one-half of the requirement for lunch or supper.
- Yogurt may be served as a meat/meat alternate component. For breakfast and snack you may serve 4 oz. (weight) or ½ cup (volume) of plain, sweetened or flavored yogurt to equal 1 ounce of the meat/meat alternate component. For lunch and supper you may serve 8 oz. (weight) or 1 cup (volume) yogurt to equal 2 ounces of the meat/meat alternate component. Homemade yogurt may present food safety dangers, therefore do not use. Frozen yogurt or other yogurt-flavored snack products are not considered yogurt and therefore do not meet the requirements.

Fruits and Vegetables

- Use only 100-percent-strength juice for breakfast. Juice drinks with at least 50-percent-strength juice may be used for snack and lunch. (Caution: children must be served double the volume of these drinks to meet the requirement.)
- Fruit-flavored drinks, ades, or punches contain less than 50 percent-strength juice. These types of beverages may be served as an "other food" but are not credited toward meeting the requirement.
- Juice may not be served as part of the snack when milk is the only other component.
- Juice or syrup from canned fruit does not count as fruit juice

- Use a different combination of two or more servings for lunch. Include various forms such as raw or cooked, fresh, frozen, canned in juices, or dried.
- Do not serve two forms of the same fruit or vegetable in the same meal. Example: An orange and orange juice, or an apple and applesauce are combinations that should not be used. **Serve a variety of vegetables and fruits to ensure a nutritionally well-balanced meal.**
- Small amounts (less than 1/8 cup) of onions, pickles, relish, catsup, jams or jellies, or other condiments may be added for flavor or garnish as "other foods".

Grains and Breads

- Use grains/breads that are whole-grain or enriched or made from whole-grain or enriched flour or meal or, if it is a cereal it must be whole-grain, enriched, or fortified. Read labels on commercial products to guide you. Bran and germ are credited the same as whole-grain or enriched flour and/or meal.
- Use macaroni or noodle products (cooked) made with enriched or whole-grain flour. Program regulations allow enriched macaroni products that have been fortified with protein to be counted to meet either a grain/bread or meat/meat alternate requirement but not as both in the same meal.
- Pie crust used as part of the main dish (i.e., for meat turnovers or meat pies) is allowed as a bread item.
- Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products when made from whole-grain or enriched meal or flour can be used to meet the bread requirement as specified in the Grains and Breads Chart below. Grain-based sweet snack foods should not be served as part of a snack more than twice a week.
- Non-sweet snack products such as hard pretzels, hard bread sticks, and chips made from enriched or whole-grain meal or flour can be used to meet the grain/bread requirement.

Grains and Breads

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing 	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hotdog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> • Cookies ² (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies ², fruit turnovers ³, and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz

¹ Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

² Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

³ Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP and CACFP.

GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts ³ (cake and yeast raised, unfrosted) • Granola bars ³ (plain) • Muffins (all, except corn) • Sweet roll ³ (unfrosted) • Toaster pastry ³ (unfrosted) 	1 serving = 50 gm or 1.8 oz $\frac{3}{4}$ serving = 38 gm or 1.3 oz $\frac{1}{2}$ serving = 25 gm or 0.9 oz $\frac{1}{4}$ serving = 13 gm or 0.5 oz
GROUP E	MINIMUM SERVING SIZE FOR GROUP E
<ul style="list-style-type: none"> • Cookies ² (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts ³ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars ³ • Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls ³ (frosted) • Toaster pastry ³ (frosted) 	1 serving = 63 gm or 2.2 oz $\frac{3}{4}$ serving = 47 gm or 1.7 oz $\frac{1}{2}$ serving = 31 gm or 1.1 oz $\frac{1}{4}$ serving = 16 gm or 0.6 oz
GROUP F	MINIMUM SERVING SIZE FOR GROUP F
<ul style="list-style-type: none"> • Cake ² (plain, unfrosted) • Coffee cake ³ 	1 serving = 75 gm or 2.7 oz $\frac{3}{4}$ serving = 56 gm or 2 oz $\frac{1}{2}$ serving = 38 gm or 1.3 oz $\frac{1}{4}$ serving = 19 gm or 0.7 oz
GROUP G	MINIMUM SERVING SIZE FOR GROUP G
<ul style="list-style-type: none"> • Brownies ² (plain) • Cake ² (all varieties, frosted) 	1 serving = 115 gm or 4 oz $\frac{3}{4}$ serving = 86 gm or 3 oz $\frac{1}{2}$ serving = 58 gm or 2 oz $\frac{1}{4}$ serving = 29 gm or 1 oz
GROUP H	MINIMUM SERVING SIZE FOR GROUP H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked) ⁴ • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)
GROUP I	MINIMUM SERVING SIZE FOR GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry) ⁴ 	1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less

⁴ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

How to Read Food Labels

The new nutrition labels called "Nutrition Facts" are appearing on almost all food products. You may not see them on institutional packs. Foods packaged in large size containers for food service are currently exempt. Inserts or fact sheet information may be provided.

The nutrition label gives standard serving sizes for adults. Be aware that the amounts would have to be adjusted for child size portions, according to meal pattern minimum quantity requirements. Therefore the number of servings and the number of calories per serving along with the number of calories per fat would be similarly adjusted.

Nutrient information on the new labels include: total calories, calories from fat, total fat, saturated fat, cholesterol, sodium, total carbohydrate, including dietary fiber and sugars, and protein based on an established serving size. "Daily Values" in percents are based on an adult's daily intake of 2,000 calories. Keep in mind that the average energy allowance for children 6 through 12 years old is about 2,600 calories per day.

Included on the label are percentages of Vitamins A and C, calcium and iron. Again these are based on daily requirements for adults, not children.



The Food Label at a Glance

The new food label will carry an up-to-date, easier to use nutrition information guide, to be required on almost all packaged foods. The guide will serve as a key to help in planning a healthy diet. *

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5 %**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrates 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 80% **Vitamin C 60 %**

Calcium 4% **Iron 10%**

***Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 **Carbohydrate 4** **Protein 4**

Sources of Nutrients

Serving sizes are more consistent across product lines, are stated in both household and metric measures, and reflect the amounts people actually eat.

The list of nutrients covers those most important to the health of today's consumers, most of whom need to worry about getting too much of certain nutrients (fat, for example), rather than too few vitamins or minerals, as in the past.

The label of larger packages tell the number of calories per gram of fat, carbohydrate, and protein.

Calories from fat are shown on the label to help consumers meet dietary guidelines that recommend people get no more than 30 percent of the calories in their overall diet from fat.

% Daily Value shows how a food fits into the overall daily diet.

Daily values may be maximums, as with fat (65 grams or less); others are minimums, as with carbohydrate (300 grams or more). The daily values for a 2,000 and 2,500 calorie diet must be listed on the label of larger packages.

Plan menus to include good sources of nutrients. The following fruits and vegetables are good sources of Vitamins A and C.

Foods that Contain Vitamin A

* This label is only a sample. Exact specifications are in the final rules. Source: Food and Drug Administration, 1994

Fruits

Apricots:

Canned, juice pack	2 halves	Good	
	Dried, cooked, unsweetened		1/4 cup Better
	Dried, uncooked	5 halves	Good
Cantaloupe	1/4 cup, diced	Better	
Cherries, red sour, fresh	1/4 cup pitted	Good	
Mandarin orange sections	1/4 cup	Good	
Mango, raw	1/4 medium	Best	
Melon balls (cantaloupe and honeydew)	1/4 cup	Good	
Nectarine	1/2 medium	Good	
Papaya	1/4 cup	Good	
Plums, canned, juice pack	1/4 cup	Good	
Prunes, dried, cooked	1/4 cup	Good	
Watermelon	1 cup	Good	

Vegetables

Beet greens, cooked	1/4 cup	Best	
Bok choy, cooked	1/4 cup	Best	
Broccoli, cooked	1/4 cup	Good	
Carrots, raw or cooked	1/4 cup	Best	
Chicory greens, raw	1/4 cup	Good	
Collards, cooked	1/4 cup	Good	
Dandelion greens, cooked	1/4 cup	Best	
Escarole, cooked	1/4 cup	Good	
Kale, cooked	1/4 cup	Best	
Mustard greens, cooked	1/4 cup	Good	
Peas and carrots, cooked	1/4 cup	Best	
Peppers, sweet red, raw	1/2 small	Best	
Plantain, cooked	1/2 medium	Good	
Pumpkin, cooked	1/4 cup	Good	
Romaine lettuce	1/4 cup	Good	
Spinach, cooked	1/4 cup	Best	
Squash, winter (acorn, butternut, etc.)	1/4 cup	Best	
Sweet potato	1/2 medium	Best	
Swiss chard, cooked	1/4 cup	Good	
Tomato (juice, paste, or puree)	1/4 cup	Good	
Turnip greens, cooked	1/4 cup	Best	

Milk

Milk, lowfat or skim	1/2 cup	Good	
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Foods that Contain Vitamin C

Food	Serving Size	Source of Vitamin C
<u>Meat/Meat Alternates</u>		
Liver (beef, pork), braised	1 1/2 oz	Better
Liver (chicken)	1/4 cup	Good
Clams, steamed or canned	1 1/2 oz	Good
<u>Fruits</u>		
Apple	1/2 medium	Good
Banana	1/2 medium	Good
Blackberries, raw	1/4 cup	Better
Blueberries, raw	1/4 cup	Good
Cantaloupe	1/4 cup	Best
Grapefruit	1/4 medium	Best
Grapefruit juice	1/2 cup	Best
Grapefruit-orange juice	1/2 cup	Best
Grapefruit-orange sections	1/4 cup	Best
Guava, raw	1/4 cup	Best
Honeydew melon	1/2 cup	Better
Kiwi	1/2 medium	Best
Kumquat	1 fruit	Good
Mandarin orange sections	1/4 cup	Best
Mango, raw	1/4 medium	Best
Nectarine	1/2 medium	Good
Orange	1/2 medium	Best
Orange juice	3/8 cup	Best
Papaya	1/4 cup	Better
Peach		
Frozen	1/4 cup	Best
Fresh, raw	1/2 medium	Good
Pear 1/2 medium	Good	
Pineapple, fresh or canned	1/4 cup	Good
Pineapple juice, canned	3/8 cup	Better
Pineapple-grapefruit juice	3/8 cup	Best
Pineapple-orange juice	3/8 cup	Best
Plum, raw	1/2 medium	Good
Raspberries	1/4 cup	Better
Strawberries	1/4 cup	Best
Tangelo	1/2 medium	Best
Tangerine	1/2 medium	Best
Tangerine juice	1/2 cup	Best
Watermelon	1/2 cup	Better
<u>Vegetables</u>		
Asparagus, cooked	1/4 cup	Best
Beans, green or yellow, cooked	1/4 cup	Good
Beans, lima, cooked	1/4 cup	Good
Bok choy, cooked	1/4 cup	Better
Broccoli, raw or cooked	1/4 cup	Best

Brussels sprouts, cooked	1/4 cup	Best
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Foods that Contain Vitamin C (Continued)

Cabbage, green, raw or cooked	1/4 cup	Better
Cabbage, red, raw or cooked	1/4 cup	Best
Cauliflower, raw or cooked	1/4 cup	Best
Chard, cooked	1/4 cup	Good
Chili peppers, cooked	1/4 cup	Best
Chicory, raw	1/2 cup	Good
Chinese cabbage, cooked	1/4 cup	Better
Collards, cooked	1/4 cup	Good
Dandelion greens, raw	1/4 cup	Good
Escarole, raw	1/2 cup	Good
Kale, cooked	1/4 cup	Best
Kohlrabi, cooked	1/4 cup	Best
Mustard greens, cooked	1/4 cup	Better
Okra, cooked	1/4 cup	Good
Onion, medium, raw	1/2 medium	Good
Parsnips, cooked	1/4 cup	Good
Peas, cooked	1/4 cup	Good
Pepper (green and red/raw/cooked)	1/4 cup	Best
Plantain, green or ripe, boiled	1/2 medium	Best
Poke greens, cooked	1/4 cup	Best
Potato, baked or boiled	1/2 medium	Better
Radishes, raw	3 large	Good
Romaine lettuce, raw	1/2 cup	Good
Rutabaga, cooked	1/4 cup	Better
Snowpeas, raw or cooked	1/4 cup	Best
Spinach, cooked	1/4 cup	Good
Squash, summer or winter, raw/cooked	1/4 cup	Good
Sweet potato, baked, boiled, canned	1/2 medium	Best
Tomato	1/2 medium	Better
Tomato juice	3/8 cup	Best
Tomato-vegetable juice	3/8 cup	Best
Turnip greens with turnips, cooked	1/4 cup	Good
Turnips, cooked	1/4 cup	Good

Young children need iron in their diet. The following are sources from a variety of foods.

Foods that Contain Iron

Food	Serving Size	% RDA
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Meat/Meat Alternates

Beef brisket	1 1/2 oz	Good
Beef, ground, extra lean, broiled	1 1/2 oz	Good
Beef liver	1 1/2 oz	Better
Beef, pot roast, braised	1 1/2 oz	Good
Beef short ribs, braised	1 1/2 oz	Good
Beef, rib roast, roasted	1 1/2 oz	Good
Beef, steak, broiled	1 1/2 oz	Good
Beef, stew meat, simmered	1 1/2 oz	Good
Calf liver	1 1/2 oz	Good
Chicken or turkey liver	1 1/2 oz	Better
Liverwurst	1 oz	Good
Pork liver	1 1/2 oz	Best
Tongue, braised	1 1/2 oz	Good
Turkey, dark meat, roasted, no skin	1 1/2 oz	Good

Meat/Meat Alternates. — Eggs

Large egg	1	Good
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Meat/Meat Alternates — Fish/Seafood

Clams, steamed or canned	1 1/2 oz	Best
Mackerel, canned	1 1/2 oz	Good
Oysters, steamed or canned	1 1/2 oz	Better
Shrimp, broiled or canned	1 1/2 oz	Good
Trout, baked or broiled	1 1/2 oz	Good

Meat/Meat Alternates — Dry Beans, Peas, and Lentils

Black-eyed peas (cowpeas)	1/4 cup	Good
Chickpeas (garbanzo beans)	1/4 cup	Good
Kidney beans	1/4 cup	Good
Lentils	1/4 cup	Good
Pinto beans	1/4 cup	Good
Soybeans	1/4 cup	Better
White beans	1/4 cup	Good

Meat/Meat Alternates — Nuts and Seeds

Pine nuts (pignolias)	1 Tbsp	Good
Pumpkin or squash seeds, roasted	1 Tbsp	Better

Fruits

Prunes, dry, cooked	1/4 cup	Good
Raisins, seedless	1/4 cup	Good

Vegetables

Beans, lima, cooked	1/4 cup	Good
Beans, black, cooked	1/4 cup	Good

Foods that Contain Iron (Continued)

Black-eyed peas, cooked	1/4 cup	Good
Chard, cooked	1/4 cup	Good
Spinach, cooked	1/4 cup	Good

Grains/Breads

Bagel, plain, pumpernickel, or whole-wheat	1/2 medium	Good
Cereals, ready-to-eat, enriched	1/2 oz	Better
Muffin, bran	1/2 medium	Good
Noodles, cooked	1/2 cup	Good
Oatmeal, instant, enriched	1/3 cup	Better
Pita bread, plain or whole-wheat	1/2 medium	Good
Pretzel, soft	1/2	Good
Rice, white, regular, cooked	1/3 cup	Good

Foods that Contain Calcium

Food	Serving Size	% RDA
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Meat Alternates — Fish

Mackerel, canned	1 1/2 oz	Good
Salmon, canned with bones	1 1/2 oz	Good
Sardines, canned with bones	1 each	Good

Meat Alternates — Cheese

Cottage cheese, lowfat	1/2 cup	Good
Natural cheese-blue, brick, camembert, feta gouda, monterey jack, mozzarella, muenster, and provolone	1/2 oz	Good
Natural cheese-swiss, parmesan, and romano	1/2 oz	Better
Processed cheese-cheddar, swiss, and ricotta cheese	3/4 oz	Better
Yogurt-flavored or with fruit, or plain	1/4 cup	Better
	4 oz	Better

Meat Alternates — Nuts

Almonds, unblanched, dry-roasted	1 oz	Good
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Vegetables

Spinach, cooked	1/4 cup	Good
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Grains/Breads

Pancakes, plain, fruit, buckwheat, or whole-wheat	4" round	Better
Waffles, bran, cornmeal, and/or fruit	4" square	Good
Waffles, plain	4" square	Better

Milk

Buttermilk	1/2 cup	Better
Chocolate milk	1/2 cup	Better

Lowfat or nonfat milk
Whole milk

1/2 cup
1/2 cup

Better
Better

Serving Sizes and Yields for Vegetables

Vegetable	Size and Count	Serving Size and Yield
Carrot Sticks	Specify U.S. #1 carrots with 1 1/8 in. medium diameter - about 7 1/2 in. length, 6 per pound, 50 pound mesh bag.	1 stick is 4 in. long and 1/2 in. wide. 6 sticks = 1/4 cup
Cauliflower	Specify in cartons of 18-24 pounds, or wirebound crates of 45-50 pounds.	1 medium head = about 6 cups florets
Celery Sticks	Specify 2, 2 1/2, or 3 dozen per crate. Crates weigh 60-70 pounds net.	1 stick is 3 in. long and 3/4 in. wide. 4 sticks = 1/4 cup
Cucumbers	Specify 2 in. minimum diameter. This information will be stamped on the basket. Cucumbers will vary from 2 in. to 2 1/2 in. in diameter and are about 7 1/2 in. long.	
Slices	1/8 in. thick slices	4 slices = 1/4 cup
Sticks	Cut into thirds crosswise and each third into fourths lengthwise for sticks.	1 cucumber = 12 sticks 2 sticks = 1/4 cup
Lettuce, Head (Iceberg)	Specify 2 dozen heads, weight of 40-48 pounds.	1 leaf = 1/4 cup
Lettuce, Leaf	Specify 2 dozen heads, weight 18 pounds.	1 large leaf = 1/4 cup
Olives, Ripe	Large	8 olives = 1/4 cup
Pickles, Dill	Specify large size, 4 to 4 3/4 in. long, 22 to 39 count per gallon.	1/3 pickle = 1/4 cup
Pickles, Sweet	Specify small size, 2 3/4 to 3 1/2 in. long, 52 to 99 count per gallon.	1 pickle = 1/4 cup
Radishes	Specify U.S. #1, 1/2 in. diameter minimum, without tops, small size, 45 radishes per pound	7 radishes = 1/4 cup
Tomato	Specify 5x6 size, extra large, 30 pound net per container. Tomato is 2 1/8 in. x 3 in. diameter; 2 1/4 tomatoes per pound.	1/4 tomato = 1/4 cup
Slices	Specify 6x7 size, medium slices, 1/4 in..	2 slices = 1/4 cup
Cherry	Specify standard size, (California or Arizona) or size 125 (Texas).	4 tomatoes = about 1/2 cup

Serving Sizes and Yields for Fruits

Fruit	Size and Count	Serving Size and Yield*
Apples	Specify size 185 to 195 or larger, approximately 2½ in. diameter, about 4 to 5 apples per pound.	1 apple = about ½ cup
Bananas	Purchase by fingers, institutional pack, 150 per case, three to four bananas per pound.	1 banana = ½ cup
Blueberries	Specify U.S. #1, sold in pints, fresh.	½ cup measure
Strawberries	Specify U.S. #1, minimum diameter ¾ in, sold in quarts and pints.	½ cup measure
Cantaloupe	Specify size 36, medium size, 5½ in. diameter, approximately 12/3 pounds per melon.	¼ melon = ½ cup
Grapes	Specify variety desired.	
With seeds		12 grapes = about ½ cup
Seedless		18 grapes = about ½ cup
Nectarines	Specify size 96 (2 to 2⅛ in. diameter) approximately 4 per pound.	1 nectarine = about ½ cup
Medium size	Specify size 70 and 72, approximately 3 per pound.	1 nectarine = about ½ cup
Oranges	Specify size 138 or 113 (California or Arizona) or size 125 (Florida or Texas).	1 orange = about ¾ cup
Peaches	Specify size 84 (2⅛ in. diameter - box may state 2 to 2¼ in. diameter); approximately 3½ to 4 peaches per pound.	1 peach = about ½ cup
Medium size	Specify size 60 to 64 (2½ in. diameter or larger); approximately 3 per pound.	1 peach = about ¾ cup
Pears	Specify size 150 (2¼ to 2⅜ in. diameter.	1 pear = about ½ cup
Medium size	Specify size 120; approximately 3 per pound.	1 pear = about ¾ cup

Serving Sizes and Yields for Fruits (continued)

Fruit	Size and Count	Serving Size and Yield*
Plums	Specify size 4x5, approximately 8 to 10 plums per pound.	2 plums = about ½ cup
Medium size	Specify size 4x4, 6 to 7 plums per pound.	2 plums = about ¾ cup
Raisins	Specify bulk purchase or individual packages.	Yield of Bulk: 1.3 to 1.5 ounces = ¼ cup 1 lb. = 12.6 ¼ cup Yield of Individual Package: 1 package (1½ ounce) = about ¼ cup
Tangerine	Specify size 176, fruit will average 2⅜ in. diameter; 4 tangerines per pound.	1 tangerine = about ½ cup
Watermelon	Specify average size, melons will average about 27 pounds.	Yield of melon = 1/64 wedge = about ½ cup

* Any serving size may be planned. For simplicity, this table of serving sizes and yields for vegetables and fruits provides ¼ cup servings of vegetables and ½ cup and/or ¾ cup servings of fruits.

Note: Where sizes are specified for fruits, they indicate numbers of fruit in the box. The larger the number, the smaller the fruit. Any fruit that is larger than that specified may be used.

Buying Calendar for Fresh Vegetables

January		February		March	
Beets Cabbage Cauliflower Celery Lettuce Potatoes Spinach		Artichokes Beets Broccoli Cabbage Celery Lettuce Potatoes Spinach		Artichokes Asparagus Beets Broccoli Cabbage Carrots Cauliflower Celery Potatoes	
April		May		June	
Artichokes Asparagus Beets Broccoli Carrots Cauliflower Lettuce	Peas Spinach	Asparagus Beets Cabbage Carrots Celery Lettuce Onions	Peas Potatoes Spinach Sweet corn Tomatoes	Carrots Celery Cucumbers Green beans Lettuce Onions	Peppers Potatoes Squash Sweet corn Tomatoes
July		August		September	
Cabbage Carrots Celery Cucumbers Eggplant Green beans Lettuce Lima beans	Okra Onions Peppers Potatoes Squash Sweet corn Tomatoes	Cabbage Celery Cucumbers Eggplant Green beans Lettuce Okra	Onions Peppers Potatoes Squash Sweet corn Tomatoes	Cabbage Cucumbers Eggplant Green beans Onions Peas	Peppers Squash Sweet corn
October		November		December	
Broccoli Brussel sprouts Cabbage Cucumbers Eggplant Green beans Lima beans Lettuce	Okra Peas Peppers Potatoes Sweet corn Sweet potatoes Tomatoes Winter squash	Broccoli Brussel sprouts Lettuce		Broccoli Brussel sprouts Carrots Cauliflower Celery Potatoes Spinach	Sweet potatoes Winter squash

Buying Calendar for Fresh Fruits

January		February		March	
Apples Avocados Grapefruits Lemons Navel Oranges Tangerines Winter Pears		Apples Avocados Grapefruits Lemons Navel Oranges Tangerines Winter Pears		Apples Avocados Grapefruits Lemons Navel Oranges Winter Pears	
April		May		June	
Apples Avocados Grapefruits Lemons Navel Oranges Strawberries Winter Pears		Avocados Cherries Grapefruits Lemons Navel Oranges Valencia Oranges Winter Pears		Apricots Avocados Bushberries Cantaloupes Cherries Figs Honeydew Melons	Lemons Nectarines Peaches Plums Strawberries Valencia Oranges Watermelons
July		August		September	
Apricots Avocado Bushberries Cantaloupe Grapefruits Honeydew Melons Lemons	Nectarines Peaches Pears Plums Strawberries Valencia Oranges Watermelons	Avocado Cantaloupes Figs Grapes Grapefruits Honeydew Melons Lemons	Nectarines Peaches Pears Plums Valencia Oranges Watermelons	Apples Cantaloupe Figs Grapes Grapefruits Honeydew Melons	Lemons Peaches Pears Plums Prunes
October		November		December	
Apples Dates Figs Grapes Lemons Pears	Persimmons Valencia Oranges	Apples Avocado Dates Grapes	Lemons Persimmons	Apples Avocado Dates Grapefruits Lemons	Navel Oranges Walnuts

Sample Position Description

Job Title: Cook	Effective Date:
Purpose of the Position: Prepares, seasons, and cooks soups, meats, vegetables, desserts, and other foods for consumption by children and some adults.	
Responsibilities:	% Time
1. Reads from menu and recipes to estimate food requirements and orders food from supplier or procures it from storage.	_____ %
2. Adjusts thermostat controls to regulate temperature of ovens, broilers, grills, roasters, and/or steam kettles.	_____ %
3. Measures and mixes ingredients according to recipe, using variety of kitchen utensils and equipment, such as blenders, mixers, grinders, slicers, and tenderizers, to prepare soups, salads, gravies, desserts, sauces, and casseroles.	_____ %
4. Bakes, roasts, broils, or steams meats, fish, vegetables, and other foods.	_____ %
5. Adds seasoning to food during mixing or cooking, according to standardized recipes.	_____ %
6. Observes and tests food being cooked by tasting, smelling, and piercing with fork to determine that it is cooked.	_____ %
7. Carves meat, portions food on serving plates, and adds gravies, sauces, and garnishes to food orders.	_____ %
8. May supervise other cooks and kitchen employees.	_____ %
9. May wash, peel, cut, and shred vegetables and fruits to prepare them for use.	_____ %
10. May bake bread, rolls, cakes, and pastry.	_____ %
11. Keeps accurate records of amounts used.	_____ %
12. Clean up as necessary.	_____ %

What is a Standardized Recipe?

A standardized recipe provides a list of measured ingredients and set of directions for preparation and service. These are necessary to prepare menu items of consistent quality, portion size, and nutritive value.

Tuna Melt

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
WHOLE LARGE EGGS	4 OZ.	2	8 OZ.	4	1. PLACE EGGS IN STOCK POT AND COVER WITH COLD WATER. BRING TO A BOIL AND SIMMER FOR 10 MINUTES. DRAIN AND RINSE IN COLD WATER. REFRIGERATE. WHEN CHILLED, PEEL AND CHOP.
DRY MUSTARD LOWFAT MAYONNAISE	11 OZ.	$\frac{1}{2}$ TSP. 1 CUP	1 LB., 6 OZ.	1 TSP. 2 CUP	2. COMBINE DRY MUSTARD AND MAYONNAISE IN A BOWL. ALLOW TO SET FOR 5 MINUTES.
CANNED TUNA, DRAINED ONIONS, DICED FRESH CELERY, DICED CHEDDAR CHEESE, SLICED ENGLISH MUFFINS	HALF 66½ OZ. CAN 1 OZ. 8 OZ. 13 OZ.	1 QT. $\frac{1}{4}$ CUP 1½ CUP 12½	4 LB. 2 OZ. 1 LB. 1 LB., 10 OZ.	66½ OZ. CAN $\frac{1}{2}$ CUP 3 CUPS 25	3. COMBINE CHOPPED EGGS, MUSTARD MIXTURE, TUNA, ONIONS, AND CELERY IN A LARGE BOWL. 4. PLACE ENGLISH MUFFIN HALVES ON EACH HALF-SHEET PAN (18" X 13" X 2½"). USING A #20 SCOOP, PLACE 1 PORTION OF TUNA MIX ON EACH MUFFIN HALF. PLACE ½ OUNCE SLICE

					OF CHEESE ON TOP OF EACH PORTION. BAKE IN A 350 °F CONVENTIONAL OVEN FOR 5 MINUTES OR A 325 °F CONVECTION OVEN FOR 5 MINUTES UNTIL CHEESE IS MELTED.
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SERVING: 3 OZ. PORTION (INCLUDES MUFFIN AND CHEESE)YIELD: 25 SERVINGS: 3 LB. 4 OZ. (TUNA SALAD)
50 SERVINGS: 6 LB. 8 OZ. (TUNA SALAD)

Food Service Equipment Needs				
Equipment	Number of Children			
	1 - 50	51 - 100	101 - 200	201 - 300
Range with ventilating hood	1 range with oven; 30" domestic or 30" - 36" commercial (2 burners)	1 range with oven 30" - 36" commercial (4 burners)	1 range with oven 30" - 36" commercial (2 if over 150 children) (6 burners)	2 ranges with ovens 30" - 36" commercial or 1 range w/oven 60" or larger commercial (8 burners)
Refrigerator with shelves	single section domestic 18 cu. ft. or commercial reach-in 20-25 cu. ft.	double section commercial reach-in 40-50 cu. ft.	double section commercial reach-in 50-60 cu. ft. or 64 sq. ft. (8 ft. x 8 ft.) walk-in	triple section commercial reach-in 60-75 cu. ft. or 64 sq. ft. (8 ft. x 8 ft.) walk-in
Freezer	same as refrigerator	same as refrigerator	same as refrigerator	same as refrigerator
Work Tables (Allow 4 linear ft./worker). Use countertops as tables	1 table	2 tables	3 tables	4 tables
Sink with separate handsink	1 sink - 3 compartments	1 sink - 3 compartments	1 sink - 3 compartments	1 sink - 3 compartments

If the site will serve over 100 children, the following equipment is recommended to supplement the minimum items listed above:

- Steam equipment (kettle, steamer)
- Hot food holding cabinet
- Convection oven
- Microwave oven
- Electric food slicer
- Mixer with attachments (vegetable slicer/shredder, meat and food chopper)

Daily Menu Production Worksheet

(1) Date

Meal Pattern		Menu (2)	Food Item Used (3)	Quantity Used (4)	Serving Size (5)	C P (6)	P A (7)
Breakfast	Milk, Fluid Juice or Fruit or Vegetable Grain/Bread						
AM Snack	(Select 2) Milk, Fluid Juice or Fruit or Vegetable Grain/Bread Meat/Meat Alternate						
Lunch	Milk, Fluid Vegetable and/or Fruit (2 or more) Grain/Bread Meat/Meat Alternate						
PM Snack	(Select 2) Milk, Fluid Juice or Fruit or Vegetable Grain/Bread Meat/Meat Alternate						
Supper	Milk, Fluid Vegetable and/or Fruit (2 or more) Grain/Bread Meat/Meat Alternate						

Daily Menu Production Worksheet Instructions

(This prototype worksheet is not a Federal SFSP requirement. However, the State administering agency may require its use by sponsors preparing meals on-site or at a central kitchen.)

Item Number

1. Enter the calendar date showing month, day, and year.
2. Enter all menu items served on this date for the appropriate meal service.
3. Enter the name of each food used to meet meal or snack requirements. For a menu item like beef pot pie, the foods that meet the meal requirements at lunch or supper could be: beef cubes would meet the meat/meat alternate requirement; potatoes and carrots in the pie would meet part of the fruit/vegetable requirement; the pie crust would meet part or all of the grain/bread requirement.
4. Enter quantity of each ingredient or food item used to meet the meal requirements. Use weights, measures or number, (e.g., stew beef, 10 lbs; potatoes, 3 lbs; etc.).
5. Enter the portion or serving size of each menu item served (e.g., 5 oz. pie, 1/2 cup juice). Serving sizes can be shown in measures (such as cup measures, scoop size, ladle size), weight, or number (such as medium apple).
6. Enter number of child participants served at each meal/snack.
7. Enter the number of program adults served at each meal/snack (if applicable).

Food Inventory Record				
Name				
Date				
Beginning Inventory \$				
Food Item (1)	Purchase Unit- Size & Description (case, bag, can, lb.) (2)	# of Units on Hand (3)	Unit Cost (4)	Total Cost (5)
Ending Inventory \$				

Food Inventory Record Instructions

The value of the beginning inventory is determined by taking a physical count before the food service operation begins. The value of the beginning inventory thereafter is the same as the ending inventory for the previous month.

A complete physical inventory of all purchased foods, commodities, and supplies on hand must be taken at the end of the reporting period.

For ease in taking a physical count of foods in storage, arrange the items according to food groups in the storage area and arrange each group in alphabetical order, for example, canned fruits and fruit juices - apples, apricots, etc. Store food in cases, boxes, or other containers marked with the date received and cost per unit to facilitate the taking of inventories.

Column 1. Enter the name of the food item, such as asparagus, green beans, or mayonnaise.

Column 2. Enter the size pack, such as, 6/#10 case, #50 bag, or #10 can. If different size containers of the same food item are on hand, use a separate line for each size and a separate line for each different unit cost of the same size pack.

Column 3. Enter the number of units (of the size shown in column 2) found on hand from actual count.

Column 4. Enter the unit cost for the size unit shown in column 2 (use the unit cost written on package or unit).

Column 5. Obtain the total cost by multiplying the number of units (column 3) by the unit cost (column 4) and enter in column 5. Add column 5 (total cost) on all pages for the inventory at the end of the month. This total is the value of the ending inventory, and becomes the beginning inventory for the following month.

If You Suspect Foodborne Illness

Unfortunately, there may be a time when despite the best of intentions, a child may become ill due to bacteria in the food he or she eats. Here are some guidelines to follow if a child is suspected to be suffering from a foodborne illness.

- Get the following information:
 - name(s) of the child(ren);
 - name of parent or guardian;
 - parent's or guardian's telephone number;
 - when the child ate last (the date and the time);
 - what the child ate last (include everything eaten);
 - whether, if anything, tasted bad when it was eaten; and
 - what time the child began to feel ill, including the symptoms.
- Include information on the food item(s) involved. Seal and keep all leftovers of the suspected food(s) and mark "DO NOT USE."
- Call the local or State Health Department and inform them of the incident. They will direct you on what to do with the child and the suspected food(s).



Infant & Child Lifesaving Steps

StayWell

CHECK

Check the scene for safety

Check the victim for consciousness, breathing, pulse, and bleeding

CALL

Dial 9-1-1 or local emergency number

CARE

Care for conditions you find

INFANTS (birth to 1)

If conscious but choking...



Give 5 back blows



And 5 chest thrusts

Repeat blows and thrusts until object comes out

If not breathing...



Give 1 slow breath about every 3 seconds

If air won't go in...



1 Give 5 back blows

And 5 chest thrusts



2 Look for and clear any object from mouth



3 Reattempt breaths

Repeat steps 1, 2, & 3 until breaths go in or help arrives

If not breathing and no pulse...



Give CPR—repeat sets of 3 compressions and 1 breath

CHILDREN (1-8)

If conscious but choking...



Give abdominal thrusts until object comes out

If not breathing...



Give 1 slow breath about every 3 seconds

If air won't go in...



1 Give up to 5 abdominal thrusts



2 Look for and clear any object from mouth



3 Reattempt breaths

If not breathing and no pulse...



Give CPR—repeat sets of 3 compressions and 1 breath

If bleeding...

Local Emergency Telephone Number: _____

Everyone should know what to do in an emergency. Call your local American Red Cross for information on CPR and first aid courses.



Apply pressure, elevate, and bandage

Copyright © 1999 by The American Red Cross and StayWell
First Aid Manual
New York, NY
10001
1-800-452-7272
For additional information, please call 1-800-452-7272

HELP **You Can** PREVENT CHOKING

- Always watch or sit with children during meals and snacks. Young children, ages 2 to 3 especially, are at risk of choking on food and remain at risk until they can chew and swallow better by about age 4. Using the Food Guide Pyramid for Young Children, offer 2 to 3 year olds the same variety of foods as the rest of the children in your care, but prepared in forms that are easy for them to chew and swallow.



Watch children during meals and snacks to make sure they:

- Sit quietly.
- Eat slowly.
- Chew food well before swallowing.
- Eat small portions and take only one bite at a time.
- Finish swallowing before leaving the table.

Fix table foods so that they are easy to chew:

- Cut foods into small pieces or thin slices.
- Cut round foods, like hot dogs, lengthwise into thin strips.
- Remove all bones from fish, chicken, and meat.
- Cook food, such as carrots or celery, until slightly soft. Then cut into sticks.
- Remove seeds and pits from fruit.
- Spread peanut butter thinly.

The foods which are popular with young children are often the ones which have caused choking. Foods that may cause choking:

Firm, smooth, or slippery foods that slide down the throat before chewing, like:

- hot dog rounds
- hard candy
- large pieces of fruit
- granola
- peanuts
- whole grapes
- cherries with pits

Small, dry, or hard foods that are difficult to chew and easy to swallow whole, like:

- popcorn
- small pieces of raw carrot, celery or other raw hard vegetables
- nuts and seeds
- potato and corn chips
- pretzels

Sticky or tough foods that do not break apart easily and are hard to remove from the airway like:

- spoonfuls or chunks of peanut butter or other nut/seed butters
- chunks of meat
- chewing gum
- marshmallows
- Raisins and other dried fruit

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Information Resources

NFSMI
(800) 321-3054

The **National Food Service Management Institute (NFSMI)**, located at the University of Mississippi, is committed to improving the operation and quality of all Child Nutrition Programs, including children served in SFSP. This is accomplished through staff development programs, training experiences, educational materials, and a national satellite network. The Institute is funded through USDA's Food and Nutrition Service.

For information on food service, food preparation, meeting the Dietary Guidelines, or available videos and training packages, contact the NFSMI's clearinghouse at 800-321-3054, or write:

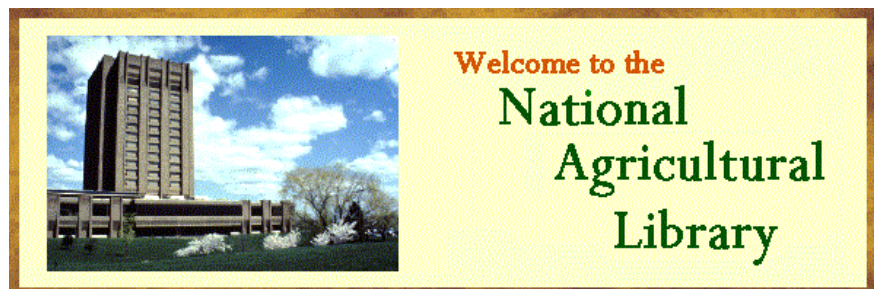
National Food Service Management Institute
University of Mississippi
P.O. Drawer 188
University, MS 38677
Online at: www.nfsmi.org



FNIC
(301) 504-5719

The **Food and Nutrition Information Center (FNIC)** is located at USDA's National Agricultural Library in Beltsville, Maryland. USDA program participants may borrow summer food service reference materials, videos, and training materials free of charge. Sample Nutrition Education and Training materials are available at FNIC. Food labeling material is also available. On-line bibliographies are offered to assist in research. Contact FNIC at (301) 504-5719, or write:

USDA/NAL/FNIC
10301 Baltimore Boulevard, Room 304
Beltsville, MD 20705
Online at: www.nalusda.gov/fnic/index.html



NCEMCH
(703) 821-8955
Extension 254

The National Center for Education in Maternal and Child Health (NCEMCH) offers publications on nutrition, maternal health, child health, and children with special health care needs. Contact the Clearinghouse at (703) 821-8955, ext. 254, or (703) 821-2098, or write:

National Center for Education in Maternal
and Child Health
2000 15th Street, North, Suite 701
Arlington, VA 22201-2617
Online at: www.nmchc.org

ADA
(800) 366-1655

The American Dietetic Association's National Center for Nutrition and Dietetics offers a Consumer Nutrition Hotline at (800) 366-1655. Listen to a food and nutrition message, speak to a Registered Dietitian, or obtain a referral to a Registered Dietitian in your area. For more information, write to:

The American Dietetic Association
National Center for Nutrition and Dietetics
216 W. Jackson Blvd.
Chicago, IL 60606-6995
Online at: www.eatright.org

Other Resources

Contact your State's administering agency for assistance in obtaining any of the following publications.

USDA, Food Safety and Inspection Service. Consumer Education information and publications available on line at www.fsis.usda.gov

Nutrition and Your Health: Dietary Guidelines for Americans, 2000, Fifth Edition, USDA and Department of Health and Human Services, 2000. Online at www.usda.gov/cnpp/pubs/dg2000/index.htm

Serving It Safe: A Manager's Tool Kit, USDA/Food and Nutrition Service, FCS-295, August 1996. Available on line at www.nal.usda.gov:8001/safety/safe.html

Thermy – a national campaign to promote the use of food thermometers. Available online at www.fsis.usda.gov/thermy/index.htm

Food Buying Guide for Child Nutrition Programs, USDA/FNS, PA-1331, Revised May 1990, Supplements Added in 1993.

The Food Code, U.S. Department of Health and Human Services, Public Health Service, Food and Drug Administration, 1999. Available online at www.vm.cfsan.fda.gov/~dms/foodcode.html#get99

FightBAC – Partnership for Food Safety Education.
Online at: www.fightbac.org

**Food and Nutrition Service
Regional Offices**

Mid-Atlantic Regional Office

Mercer Corporate Park
300 Corporate Boulevard
Robbinsville, NJ 08691-1598
(609) 259-5025

*Delaware, District of Columbia,
Maryland, New Jersey,
Pennsylvania, Puerto Rico,
Virginia, Virgin Islands,
West Virginia*

Midwest Regional Office

77 West Jackson Boulevard
20th Floor
Chicago, IL 60604-3507
(312) 353-6664

*Illinois, Indiana, Michigan,
Minnesota, Ohio, Wisconsin*

Mountain Plains Regional Office

1244 Speer Boulevard
Suite 903
Denver, CO 80204-3585
(303) 844-0300

*Colorado, Iowa, Kansas,
Missouri, Montana, Nebraska,
North Dakota, South Dakota,
Utah, Wyoming*

Northeast Regional Office

10 Causeway Street
Boston, MA 02222-1069
(617) 565-6370

*Connecticut, Maine,
Massachusetts, New Hampshire,
New York, Rhode Island, Vermont*

Southeast Regional Office

61 Forsyth Street SW, Room 8T36
Atlanta, GA 30303-3427
(404) 562-1800

*Alabama, Florida, Georgia, Kentucky,
Mississippi,
North Carolina, South Carolina, Tennessee*

Southwest Regional Office

1100 Commerce Street
Room 5-C-30
Dallas, TX 75242-9980
(214) 290-9800

*Arkansas, Louisiana, New Mexico,
Oklahoma, Texas*

Western Regional Office

550 Kearny Street
Room 400
San Francisco, CA 94108-2518
(415) 705-1310

*Alaska, Arizona, California,
Hawaii, Idaho, Nevada, Oregon,
Washington, Guam*